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U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Wednesday, August 2, 1933

(FOR BROADCAST USE ONLY)

Subject: "An August Garden Dinner." Information from the Bureau of Home Economics, U.S.D.A.

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Some day soon when you have finished a batch of fruit jelly, save out a glassful and make a fresh jelly roll for supper. Did you ever hear of a family, especially a family of youngsters, that didn't consider jelly roll a great treat? It's a dessert that looks so gay and festive, especially if you make it with bright red jelly. Yet it's not difficult to make and it's well suited even to the very young members of the family. Of course, you know that sponge cake is probably the very best cake for youngsters. And of course you know that fruit jelly is a wholesome sweet for them--better than most candy. Well, jelly roll is a combination of these two good foods. You spread the jelly over a sheet of hot sponge cake and roll the cake up. And there you have a gay looking delicious and wholesome dessert.

The big secret of making a jelly roll is quick work. Handle that thin sheet of sponge cake with speed, yet care, the moment it comes from the oven. Why? Because the only time you can roll the cake without breaking it is when it's piping hot.

You can use your favorite sponge cake recipe for making jelly roll. Then bake the cake in a thin sheet. Spread the batter about an inch thick in the pan. Now, before you take the cake from the oven, spread a piece of waxed paper on the table. Sprinkle the paper with powdered sugar. No lumps in the sugar please. Turn the cake out upside down on the paper. Trim off the crusty edges on the sides. They won't roll well. Use a sharp knife and work fast. Now spread the cake quickly with jelly and begin rolling at the side nearest you. When the cake is rolled up, roll the waxed paper around it. Tie the paper in place so the roll will keep its shape until you serve it. Most people like jelly roll cold and cut in medium thick slices. Remove the waxed paper wrapping only just before serving.

Though we always speak of this dessert as a jelly roll, you can make it just as well with fruit preserve, conserve, marmalade, or fruit butter, if you like. And if you have trouble rolling the cake successfully, you can make a simpler dessert by just cutting your sheet of sponge cake in half and putting the two layers together with a jelly or preserve filling. Some people especially like the spicy flavor of peach, plum, apple or grape butters between layers of cake. These spread smoothly and easily too.

And that reminds me. Since we've mentioned fruit butters anyway, this is a good time to say a few things about these thrifty fruit spreads. The fruit pulp or pomace left in the jelly bag after the juice has dripped out and gone into jelly--that fruit pulp will make excellent fruit butter. You just add a little water to the pulp and boil it for a few minutes. Then you press

it through a sieve. Measure the pulp. Add about one-half as much sugar as fruit and a little spice, according to your taste. Cook this mixture until it is thick and clear. Then put it up in sterilized jars or cans. Both the sugar and the spice help preserve it.

You see now why I spoke of fruit butters as thrifty. They are delicious spreads made, you might say, of jelly left-overs. One batch of fruit will make not only a lot of glasses of clear, bright jelly but will also provide jars of fruit butter.

Ideal fruit butter has the original flavor of the fruit, has a certain clearness or glassiness and an attractive color. It is smooth and easy to spread, somewhat stiff but not stiff enough to stand alone like jelly. You can make fruit butter from many different fruits--apricots, apples, plums, peaches, grapes and quavas. Some people even like tomato butter to spread on their Sunday night biscuits or their breakfast toast. You can also make excellent fruit butter by combining fruits. Apricot-apple butter is good. So is grape and apple butter or plum and apple butter. Apples happen to combine well with other fruits and make them go farther without changing either their color or their flavor. Then, since apples are rich in pectin, the pectin added in the apple pulp gives a good texture to butters made from pectin-lacking fruits.

Did you ever use your garden mint to make mint apple butter? There's a refreshing delicacy, and a cheap and easy one to make. Cook up some sprays of mint with the apple pulp. Just before removing from the stove, take out the mint.

Now, two points to remember about the cooking of any fruit butter. First, fruit butter scorches easily so it needs constant attention and frequent stirring on the stove. Sometimes an asbestos mat underneath will keep it from burning on the bottom. Second, cook your fruit butter rapidly. Long, slow cooking darkens the color and destroys some of the fruit flavor.

Just about time now for our dinner menu--an August garden dinner topped off with a jelly roll for dessert. Crisp bacon; Buttered new beets; Rice with cheese. For the salad, chop some raw garden vegetables together and serve them in a big bowl with boiled dressing. I suggest chopped raw cabbage, chopped green pepper, chopped radishes and perhaps chopped raw carrots. For dessert, the sponge cake jelly roll made with your new, this-season jelly or with some new fruit butter.

Tomorrow: "Questions and Answers."

